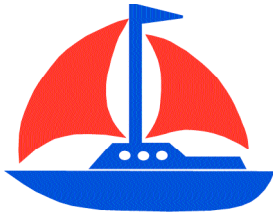


# 10th Annual Virginia Occupational Safety and Health Conference

*"A Decade of Meeting the Challenge"*



**June 8 – 10, 2005**

**Renaissance Portsmouth Hotel  
& Waterfront Conference Center  
425 Water Street  
Portsmouth, Virginia**

*Sponsored by the Virginia Department of Labor and Industry*

## **OBJECTIVE:**

To provide affordable safety and health training opportunities to employers, employees and safety and health professionals.

## **REGISTRATION FEE:**

Includes conference materials, continental breakfast, break refreshments, and lunch.

### **Registration Fee:**

- Prior to April 16, 2005: \$105
- From April 16 - June 8, 2005: \$140 **New!**
- On site: \$150 (Cash or check only)

### **Registration for the 10-Hour Course only \$20**

Includes 10-Hour course materials, break refreshments and continental breakfast.

Payment can be made by **check, VISA, MasterCard or IAT**. Purchase orders will not be accepted.

## **REFUNDS:**

**Cancellations** must be submitted in writing by May 11, 2005 in order to receive a refund. An administrative fee of \$15 will be charged for cancellation. **Substitution** of attendees is allowed but notification is needed by May 11, 2005. **"No-shows"** will not receive a refund.

**CEUs** have been applied for.

## **LODGING:**

Reservations should be made directly with the Renaissance Portsmouth Hotel and Waterfront Conference Center, 1-888-839-1775. Ask for the Virginia Occupational Safety and Health Conference (Department of Labor & Industry) rate which is \$109. To receive this hotel rate, reservations and deposits must be in by **May 6, 2005**. Rooms must be guaranteed with either a credit card or first night's deposit.

## **PARKING:**

Parking is free for overnight guests of the hotel. For day parking rates visit the Hotel's web site at [www.renaissance-portsmouth.com](http://www.renaissance-portsmouth.com)

## **CARRIE B. CRUISE TOURS**



Join fellow conference attendees on the Carrie B. Harbor Cruise on Thursday, June 9. Board from the dock directly adjacent to the conference hotel at 6 p.m. For only \$14 adults and \$8 children, this fully narrated 2 1/2 hour tour will explore the area harbor. No advance sales on tickets, simply buy your ticket as you board the ship. Hotdogs, sodas and other ballpark type foods and snacks will be available for purchase at the snack bar onboard the ship. A cash bar will also be offered. This social event is sponsored by the Tidewater Chapter of the American Society of Safety Engineers, the Colonial Chapter of the American Industrial Hygiene Association, and the Richmond Chapter of the Occupational Health Nurses Association. Stop by their vendor booths for a chance to win free cruise tickets.

## **MAJOR CONTRIBUTORS:**

- CENTRAL AND TIDEWATER VA SECTIONS OF THE AMERICAN INDUSTRIAL HYGIENE ASSOCIATION
- COLONIAL AND TIDEWATER CHAPTERS OF THE AMERICAN SOCIETY OF SAFETY ENGINEERS
- VIRGINIA STATE ASSOCIATION OF OCCUPATIONAL HEALTH NURSES
- VIRGINIA AFL-CIO



# 10th Annual Virginia Occupational Safety and Health Conference June 8-10, 2005

## OSHA General Industry 10-Hour Course

Tuesday, June 7, 2005

1 p.m. - 6 p.m. General Industry 10-Hour Course

Wednesday, June 8, 2005

7 a.m. - 11:30 a.m. General Industry 10-Hour Course

## Wednesday, June 8, 2005

9 a.m. - 11 a.m. Drive Smart Virginia - Invited  
Apprenticeship Alumni Association  
Meeting - Invited

9 a.m. Registration  
Exhibits Open

11:45 a.m. - 12:30 p.m. Lunch and Conference Opening  
Welcome - C. Ray Davenport,  
Commissioner

12:45 p.m. - 2:15 p.m.

1. **FMLA Regulations: Are You in Compliance?** -  
*Marquita Brown, R.N., COHN, Manager, Employee  
Health, City of Roanoke*
2. **Fork Lift Safety** - *Pat Dowd, Yale Materials Handling &  
Dougherty Equipment*
3. **Is Obesity Getting Your Employees' Work Record  
Down?** - *Hamdy Sayed, M.D., M.S., Ph.D., COSHA Inc.*
4. **Voluntary Protection Program (VPP): Sharing Best  
Practices** - *Chris Thomlison, Toray Plastics  
Randy Arnott, GE Energy  
Niki Angle, R.R. Donnelley, Inc.*
5. **Small Employers: Getting Help With Safety and  
Health** - *Elizabeth Tomlin, DOLI Consultation and  
SHARP Site Representatives*
6. **Setting Up Construction Safety on a New Jobsite** -  
*Jan Thomas, Ph.D., Circle Safety*

2:45 p.m. - 4:15 p.m.

1. **FMLA Regulations: Are You in Compliance?** -  
*Marquita Brown, City of Roanoke*
2. **Fork Lift Safety** - *Pat Dowd, Yale Materials Handling  
Dougherty Equipment*
3. **Is Obesity Getting Your Employees' Work Record  
Down?** - *Hamdy Sayed, M.D., M.S., Ph.D., COSHA Inc.*

4. **Voluntary Protection Program (VPP): Is Your  
Company Ready?** - *Larry Shaffer, International Paper  
Carolyn Totten, Siemens, VDO  
Curtis Spencer, Lockheed Martin,  
John Druding, Frito-Lay, Inc.,  
Pam Carter, GE Fanuc  
Al Broadnax, Nova Chemicals*
5. **Small Employers: Getting Help With Safety and  
Health** - *Elizabeth Tomlin, DOLI Consultation and  
SHARP Site Representatives*
6. **Setting Up Construction Safety on a New Jobsite** -  
*Jan Thomas, Ph.D., Circle Safety*

## Thursday, June 9, 2005

7:45 a.m. General Session - Keynote Speaker, *Lawrence  
S. Betts, M.D., Ph.D., C.I.H., FACEOM*

8:45 a.m. - 10:15 a.m.

1. **Hearing Conservation Programs** - *Judith Hinch, DOLI  
and Susan Wilcox-Jones, Afton Chemical*
2. **Contractor Safety: How to Recognize and Select a  
Good Contractor When You See One** - *Kelley Dalton,  
Erie Insurance Group*
3. **Tuberculosis in the Workplace: Still a Threat** - *William  
Berg, M.D., M.P.H., Hampton Health Department*
4. **More Success Stories: How to Comply with the Fall  
Protection Standard in Construction** - *John Dickens,  
Director of Safety, Virtexco*
5. **Dispelling Myths Surrounding Exercise and Nutrition**  
- *Patti Williams, Ph.D., Director, Riverside Wellness &  
Fitness Center*
6. **Workshop in Business Spanish** - *Karla Torres  
Rodriguez and Ann-Marie Mendez, DOLI Apprenticeship*

10:45 a.m. - 12:15 p.m.

1. **Growing With Your Aging Workforce** - *Joel Reaser,  
Vice President, The National Worker Career Center*
2. **Health Effects of Welding Fumes** - *Chris Holstege,  
M.D., UVA*
3. **Virginia Injuries/Fatalities: Do You Know the  
Numbers?** - *Jerry Perrins, Bureau of Labor Statistics*
4. **911 - What is Your Emergency?** - *Jack Sullivan, CSP,  
CFPS, Loss Control Innovations*



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5. **Technology for Monitoring Driving Safety** - *Bill Groce*, Piping and Safety Director, Blauch Brothers, Inc.
6. **Can You Hear Me Now? Recognizing Your Leadership Style for Improved Communication** - *Smokie Sizemore*, CPCC, Smokie Sizemore and Company, Inc.

1:30 p.m. - 3:00 p.m.

1. **Hearing Conservation Programs** - *Judith Hinch*, DOLI, *Susan Wilcox-Jones*, Afton Chemical
2. **Contractor Safety: How to Recognize and Select a Good Contractor When You See One** - *Kelley Dalton*, Erie Insurance Group
3. **Tuberculosis in the Workplace: Still a Threat** - *William Berg, M.D., M.P.H.*, Hampton Health Department
4. **911 - What is Your Emergency?** - *Jack Sullivan*, CSP, CFPS, Loss Control Innovations
5. **Dispelling Myths Surrounding Exercise and Nutrition** - *Patti Williams, Ph.D.*, Director, Riverside Wellness & Fitness Center
6. **Workshop in Business Spanish** - *Karla Torres Rodriguez* and *Ann-Marie Mendez*, DOLI Apprenticeship

3:15 p.m. - 4:45 p.m.

1. **Growing With Your Aging Workforce** - *Joel Reaser*, Vice President, National Worker Career Center
2. **Health Effects of Welding Fumes** - *Chris Holstege*, M.D.
3. **Virginia Injuries/Fatalities: Do You Know the Numbers?** - *Jerry Perrins*, Bureau of Labor Statistics
4. **More Success Stories: How to Comply with the Fall Protection Standard in Construction** - *John Dickens*, Director of Safety, Virtexco
5. **Technology for Monitoring Driving Safety** - *Bill Groce*, Piping and Safety Director, Blauch Brothers, Inc.
6. **Can You Hear Me Now? Recognizing Your Leadership Style for Improved Communication** - *Smokie Sizemore*, CPCC, Smokie Sizemore and Company, Inc.

### Friday, June 10, 2005

7:30 a.m. - 9:00 a.m.

1. **Staying Out of Court: Identifying and Documenting Drug Problems Within Your Industry** - *Arthur Ryan*, M.D., MRO, COSHA Inc

2. **OSHA/VOSH Inspections: Learn to Be Ready** - *Jeannie Buckingham* and *Lloyd Bolt*, DOLI Enforcement
3. **EHS Auditing: Integrating Audits into Your Business Process** - *Laurie Shelby*, Alcoa
4. **Basic Electrical Safety** - *Joseph Layton*, Layton's Electrical Consulting Inc.
5. **Dust to Dust: Exposing Silica** - *Melissa Bartlett*, DOLI Industrial Hygienist Consultant
6. **Protecting Your Employees in Flood Disasters** - *Bill Sammler*, NOAA

9:15 a.m. - 10:45 a.m.

1. **Staying Out of Court: Identifying and Documenting Drug Problems Within Your Industry** - *Arthur Ryan*, M.D., MRO, COSHA Inc
2. **OSHA/VOSH Inspections: Learn to Be Ready** - *Jeannie Buckingham* and *Lloyd Bolt*, DOLI Enforcement
3. **EHS Auditing: Integrating Audits into Your Business Process** - *Laurie Shelby*, Alcoa
4. **Advanced Electrical Safety** - *Joseph Layton*, Layton's Electrical Consulting Inc.
5. **Dust to Dust: Exposing Silica** - *Melissa Bartlett*, DOLI Industrial Hygienist Consultant
6. **Protecting Your Employees in Flood Disasters** - *Bill Sammler*, NOAA

- 11:00 a.m. **General Session - VOSH Compliance Cases: The Ultimate Reality Experience** - *Glenn Cox*, Director of Occupational Safety Compliance and VOSH Enforcement Staff

- 12:00 p.m. **Awarding of Major Prizes  
Conference Adjourns**

### Virginia Department of Labor and Industry

13 South Thirteenth Street  
Richmond, VA 23219  
Phone (804) 371-2327  
TDD (804) 786-2376  
[www.doli.virginia.gov](http://www.doli.virginia.gov)



# 10th Annual Virginia Occupational Safety and Health Conference June 8-10, 2005

## REGISTRATION FORM

**Register  
Early and  
Save \$45**

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
Company Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

### REGISTRATION FEES: Payment must be made by Check, VISA or MasterCard

**\$20** - \*OSHA 10-Hour General  
Industry Course Only

**\$105** - Until April 15, 2005

**\$140** - April 16 - June 8, 2005

**\$150** - On-Site (Cash or  
Check Only)

Please circle the sessions you are planning to attend. Refer to the conference agenda for information.

\* June 7 - 8, OSHA 10-Hour General Industry Course ☐

Wed., June 8, 12:45 p.m.	1	2	3	4	5	6
Wed., June 8, 2:45 p.m.	1	2	3	4	5	6
Thurs., June 9, 8:45 a.m.	1	2	3	4	5	6
Thurs., June 9, 10:45 a.m.	1	2	3	4	5	6
Thurs., June 9, 1:30 p.m.	1	2	3	4	5	6
Thurs., June 9, 3:15 p.m.	1	2	3	4	5	6
Fri., June 10, 7:30 a.m.	1	2	3	4	5	6
Fri., June 10, 9:15 a.m.	1	2	3	4	5	6

### NEW THIS YEAR!

Sign up for the 10-Hour Course only and pay \$20, or for an additional fee, attend both the 10-Hour Course and the regular sessions. Sign up early and save \$45!

**Register now!**

### \* Please note:

If you are attending the OSHA 10-Hour General Industry Course, please check the box even if you are also planning on attending the regular sessions.

☐ I need a vegetarian meal

### PAYMENT MUST ACCOMPANY REGISTRATION

☐ Check Amount Paid: \$ \_\_\_\_\_

Please make check payable to: **VA Dept. of Labor & Industry**

### Fax Credit Card Registrations to (804) 371-7634

☐ VISA ☐ MASTERCARD Amount Paid: \$ \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_

Card Holder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### IAT (Inter-Agency Transfer) for State Agencies Only

Amount Paid: \$ \_\_\_\_\_ AIT Point of Contact: \_\_\_\_\_

Phone #: ( ) \_\_\_\_\_ Ext. #: \_\_\_\_\_

Fax IAT Registration Form to: (804) 786-8418 Attention: Sharon Holmes



**Payments should be mailed with registration form to:**

**VOSH Conference, Dept. of Labor and Industry**  
13 South Thirteenth Street, Richmond, VA 23219  
Purchase orders will not be accepted.



## Conference Sessions

*Please note this is not a complete list of the conference sessions.*

### **OSHA OUTREACH 10-Hour Safety Course for General Industry**

Designed to give each participant the information necessary to achieve a completion (CARD) under OSHA Outreach Training Guidelines. Topics range from Introduction to OSHA, to citations and inspections, walking/working surfaces, electrical safety, machine guarding, and hazard communications.

### **911 - What is Your Emergency?**

Despite our best safety and prevention efforts, fires, explosions, medical emergencies and natural disasters still occur in the workplace. In this session you'll gain a better understanding of what to expect when you call 911 in an emergency. Attendees will also have an opportunity to tour modern fire department apparatus and equipment and talk to fire personnel about their capabilities.

### **Contractor Safety: How to Recognize and Select a Good Contractor When You See One**

This course will discuss what you should be looking for when selecting a contractor with regards to safety requirements, insurance requirements, jobsite safety and access.

### **Dispelling the Myths Surrounding Exercise and Nutrition**

Oftentimes it is difficult to start an exercise program or a healthy eating regimen because the media bombards the public with conflicting information. Attendees will see how easy it is to live a healthy lifestyle packed with physical activity and good nutrition. Topics to be covered include how much and what type of exercise is essential to protect us against chronic disease, as well as a discussion of foods that have a protective factor.

### **Growing with your Aging Workforce**

Learn how to work with employees 55 and over to encourage a healthy and safe work environment. As many employees are working past the retirement age for multiple reasons, share information and learn if you are on the right track for improvement.

### **FMLA Regulations: Are you in Compliance?**

Learn how your medical department, human resource department, and safety can work as a team to maintain regulations required by FMLA (Family Medical Leave Act). Working together can prevent misunderstandings and lawsuits while documenting properly and assisting in the employee's timely return to work.

### **Staying Out of Court: Identifying and Documenting Drug Problems Within Your Industry**

Learn how to handle a drug problem from A to Z. Learn the needed documentation to handle positive cases if they go to court. Are you covered with your current policy?

### **Is Obesity Getting Your Employees' Work Record Down?**

Learn how you can assist your current workforce. Dr. Sayed's experience in family practice and occupational medicine identifies the need to make changes in our hiring process and maintaining a healthy workforce. Its effect on all ages is targeting the population for multiple diseases. Prevention is a key.

### **Setting Up Construction Safety on a New Job Site**

This session will review OSHA/VOSH requirements as well as "best practices" that you should follow when setting up your safety system on a new job site. We will discuss issues that range from required documents, emergency action plans and equipment to how to audit and how to translate safety requirements for "English as Second Language" workers. Solutions and resources will be shared.

### **Voluntary Protection Program: Sharing Best Practices**

Representatives from three VPP Star Worksites will share best practices. The session is open to everyone.

- New Employee Training:  
Chris Thomlison, Toray Plastics
- Defining Measurable Goals and Objectives:  
Randy Amott, GE Energy
- Getting the Most out of Incident Reporting:  
Niki Angle, R.R. Donnelley, Inc.

### **Voluntary Protection Program: Is Your Company Ready?**

This session will present an overview of the requirements for participation in VPP and include two "Best Practice" presentations. The session is open to everyone.

- Management Leadership and Employee Involvement: Larry Shaffer, International Paper and Carolyn Totten, Siemens VDO
- Worksite Analysis: Curtis Spencer, Lockheed Martin
- Hazard Prevention and Control: Curtis Spencer, Lockheed Martin
- Safety and Health Training: John Druding, Frito-Lay, Inc.
- Best Practice-Contractor Safety: Pam Carter, GE Fanuc
- Best Practice-Safety Games: Jeanette Chappel, Kentucky Derby Hosiery



Parking? For a complete list of parking information, visit the hotel's web site at [www.renaissanceportsmouth.com/parking](http://www.renaissanceportsmouth.com/parking)

Driving? For a complete list of driving directions, visit the hotel's web site at [www.renaissanceportsmouth.com/drivingdirections](http://www.renaissanceportsmouth.com/drivingdirections)

### Driving/Parking Information

Renaissance Portsmouth Hotel & Waterfront Conference Center  
425 Water Street • Portsmouth, VA 23704  
(757) 673-3000

**June 8 - 10, 2005**

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Dept. of Labor and Industry  
13 South Thirteenth Street  
Richmond, VA 23219-4109

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and Health Conference**  
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**Register before April 16, 2005  
and save \$45!**